



Honey Mustard Sausages and Onion Gravy with Cavolo Nero Colcannon

Calorie Smart 20 Minutes • 1 of your 5 a day • Under 650 Calories

26



Honey Mustard Sausages



Potatoes



Red Onion



Chopped Cavolo Nero



Balsamic Vinegar



Red Wine Stock Paste



Redcurrant Jelly

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, baking tray, peeler, saucepan, frying pan, lid, colander and potato masher.

Ingredients

Ingredients	2P	3P	4P
Honey Mustard Sausages** 9) 14)	4	6	8
Potatoes	450g	700g	900g
Red Onion**	1	2	2
Chopped Cavolo Nero**	100g	150g	200g
Balsamic Vinegar 14)	1 sachet	2 sachets	2 sachets
Red Wine Stock Paste 14)	1 sachet	2 sachets	2 sachets
Redcurrant Jelly	25g	37g	50g
Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	502g	100g
	2398 / 573	478 / 114
Fat (g)	21.1	4.2
Sat. Fat (g)	7.3	1.5
Carbohydrate (g)	71.0	14.2
Sugars (g)	22.6	4.5
Protein (g)	24.7	4.9
Salt (g)	3.83	0.76

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

9) Mustard 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Bake the Sausages

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Fill and boil your kettle.
- Pop the **sausages** onto a baking tray. When the oven is hot, roast on the top shelf until browned and cooked through, 16-18 mins. Turn halfway through. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The sausages are cooked when no longer pink in the middle.



Cook the Cavolo Nero

- When the **potatoes** have 6 mins of cooking time left, add the **cavolo nero** to the **potato** pan. **TIP:** Remove any tough stalks from the cavolo nero.
- Submerge the **cavolo nero** in the **boiling water** and cover with a lid. Cook for the remaining time until tender, 6-7 mins.



Boil the Potatoes

- Meanwhile, chop the **potatoes** into 2cm chunks (peel first if you prefer).
- Pour the **boiling water** into a large saucepan with ½ **tsp salt** on high heat.
- Add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-18 mins.



Bring on the Gravy

- Once the **onions** are soft, lower the heat to medium and add the **balsamic vinegar**. Cook until sticky, 1-2 mins.
- Add the **water for the sauce** (see pantry for amount) and bring to the boil.
- Stir in the **red wine stock paste** and **redcurrant jelly**. Simmer until the **sauce** has thickened slightly, 2-3 mins. Add a splash of **water** if it gets too thick.



Fry the Onion

- Meanwhile, halve, peel and thinly slice the **red onion**.
- Heat a drizzle of **oil** in a small frying pan on medium-high heat.
- Once hot, add the **onion** and cook, stirring often, until softened, 5-7 mins.



Mash and Serve

- Once the **potatoes** and **cavolo nero** are cooked, drain in a colander and return to the pan.
- Add a knob of **butter** and a splash of **milk** (if you have any) and roughly mash. Season to taste with **salt** and **pepper** - **colcannon** made!
- Share the **colcannon** between your plates and serve the **sausages** alongside. Spoon the **onion gravy** over to finish.

Enjoy!

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